

A New Attitude: Achieve Personal and Professional Success by Keeping a Positive Mental Outlook - 1 Audio CD

You can survive at your job or you can thrive on it. The difference boils down to one word: attitude. Let go of yesterday's problems and be more successful today! You'll learn:

- ✓ Techniques to help you welcome change
- ✓ Actions that boost your self-image
- ✓ Approaches that fire up your performance